

MARRIED LADY'S GUIDE.

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1844

ADVICE TO WIVES

ON THE

MANAGEMENT OF THEMSELVES

DURING THE PERIODS OF

PREGNANCY, LABOUR, AND SUCKLING.

BY

Dr. PYE HENRY CHAVASSE,

Member of the Royal College of Surgeons, London.

FROM THE SECOND ENGLISH EDITION.

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TO

GEORGE EDWARD MALE, Esq., M. D.

FORMERLY SENIOR PHYSICIAN TO THE BIRMINGHAM GENERAL HOSPITAL,

The following Pages are Dedicated,

IN TOKEN OF THE RESPECT AND REGARD

OF

THE AUTHOR.

PREFACE.

THE diffidence and ignorance of young wives, on matters appertaining to the management of themselves during the periods of pregnancy, labour, and suckling, loudly call on medical men to use their utmost exertions to enlighten them on the above subjects, and in a mode the least likely to do violence to their feelings.

It is not on the score of curiosity that they should be thus instructed, but on that of necessity—of safety to themselves, as well as to the helpless infant committed to their charge.

With these views the following pages have been written.

I have attempted to write in a clear, simple, unostentatious style. I have avoided all technicalities, as my object has been to write a useful book, containing information which every wife may understand.

Advice to Wives was originally published with the second edition of *Advice to Mothers*. I have been induced to publish them separately.

The rapid sale of the last edition demands my grateful thanks, and has stimulated me to renewed exertions to render the work still more complete and useful.

BIRMINGHAM,

P. H. C.

12 OLD SQUARE.

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ADVICE TO WIVES.

PART I.—PREGNANCY.

SIGNS OF PREGNANCY.¹

Particle 1.—The first sign that leads a female to suspect that she is pregnant, is her *ceasing to be unwell*. This, provided she has been just before in good health, is a strong symptom of pregnancy ; but still, there must be others to corroborate it.

2. The next symptom is *morning sickness*. This is oftentimes very distressing, and causes a loathing of breakfast. After the first two or three months, this sign generally disappears.

3. A third symptom is *shooting and lancinating pains, and enlargement of the breasts* ; and in some cases, after the first few months, a little watery fluid or milk may be squeezed out

of them. A dark areola or mark may generally be noticed around the nipple. The nipples themselves, in the majority of cases, look more *healthy* than usual, and are somewhat elevated and enlarged : there is generally a slight moisture upon their surface, so as in some instances to mark the linen.

4. A fourth symptom is *quickeniug*. This generally occurs about a week or two after the fourth month. A female at this time either feels faint, or actually faints away ; she is often very nervous, and in some cases even hysterical. The sensation of “quickeniug” is something similar to the fluttering of a bird. “Quickeniug” arises from the ascent of the womb higher into the abdomen, as from the increased size of it, there is not room for it below. The old-fashioned idea was, that the child was not alive till a woman had quickened. This is a most mistaken notion, as the child is alive from the very commencement of its formation. Flatulence has sometimes misled a female to fancy she has quickened ; but, in determining whether

a woman is pregnant, we must never be satisfied with one symptom alone ; if we are, we shall frequently be misled.

5. The fifth symptom is *increased size* immediately after quickening.

6. The sixth symptom is *pouting of the navel*. This symptom does not occur till some time after a woman has quickened. *Sleepiness, heartburn, increased flow of saliva, toothache, loss of appetite, a pinched appearance of countenance, and likes and dislikes* in eating, usually accompany pregnancy ; but as they may arise from other causes, are not to be relied on farther than this—that if they attend the more certain signs of pregnancy, such as cessation of being regular, morning sickness, pains and enlargement of the breast, etc., they will then make assurance doubly sure, and a female may then know for certain that she is pregnant.*

* As this work is exclusively intended for the perusal of Wives, I have not pointed out one of the signs of pregnancy, which, to a medical man, is very conclusive ; I mean the sign of the fetal circulation, indicated by the stethoscope.

EXERCISE.

7. Most young married women take *too long walks* when they are first pregnant. This is a very common cause of *miscarriage*, and *bearing down* of the *womb*.

8. Although long walks are improper, short gentle walks cannot be too strongly recommended during the whole period of pregnancy. They keep a female in health, they open the bowels, and relieve that sensation of faintness and depression so common and distressing in early pregnancy.

9. Stooping and over-reaching should be carefully avoided. Running and dancing are likewise improper: they frequently induce miscarriage.

10. Ladies who loll on sofas and easy chairs during the greater part of the day, and who seldom walk out, have generally more lingering and severe labours than those females who attend to their household duties, and take moderate and regular exercise in the open air.

11. Many look upon pregnancy more as a disease than as a natural process, hence they treat themselves as though they were regular invalids, and unfortunately too often make themselves really unwell by such improper indulgencies.

NECESSITY OF FREQUENT REST.

12. A pregnant female should lie on the sofa two or three hours a day, for an hour each time. This will be particularly necessary if there be a bearing down of the womb, or a predisposition to miscarry. I should recommend this plan to be adopted throughout the whole period of pregnancy ;—in the early months, to prevent miscarriage,—and in the latter months, on account of the increased weight and size of the womb.

13. Sometimes there is a difficulty of lying down during the latter months ; the patient feeling as though she should be suffocated every

time she made the attempt. When such is the case, she may rest herself upon the sofa and be propped up with cushions, as I consider rest, at different periods of the day, very necessary.

DIET.

14. An abstemious diet during pregnancy is most essential, as the habit of body at that time is usually feverish. I should, therefore, recommend abstinence from malt liquor, wine, and spirits, and that but little meat be eaten. It is a mistaken notion, that women require more nourishment during pregnancy than at other times ; they, if any thing, require less.

15. Roasted apples, raspberries, strawberries, grapes, tamarinds, stewed prunes, the inside of ripe gooseberries, and the juice of oranges, are particularly indicated during pregnancy : they quench thirst, and tend to open the bowels.

16. The food of a pregnant female cannot be too plain ; high-seasoned dishes should, there-

SL

fore, be avoided. Light puddings, such as rice and batter puddings, or fruit puddings, provided the paste be plain, may be taken. Rich pastry is highly improper.

17. If the patient be plethoric, abstinence is still more necessary, or she may suffer severely during her labour.

SLEEP.

18. The bed-room of a pregnant female should be very large and airy. Ventilation should be well attended to. The chimney should, on no account, be stopped. In the day time the windows should be thrown open, and the bed-clothes should be thrown back that air may well ventilate them before the night comes on. It is a shocking practice for a pregnant female, or any one else, to sleep with close drawn curtains. The bed should not be loaded with many clothes.

19. Pregnant females are usually very restless at night; they feel oppressed and hot. This might, in some measure, be remedied, if the bed-hangings were removed, if the door of the bed-chamber were left ajar, if more attention were paid to an abstemious diet than there generally is, and if pregnant females partook more of cooling fruits (see particle 15) than they usually do.

20. Sometimes women experience an inability to lie down, the attempt producing, in some instances, a feeling of suffocation and faintness. Under such circumstances, they should lie on a bed-rest.

21. Pains at night, during the latter end of the time, are usually very frequent, so as to make an inexperienced person fancy her labour was commencing. Little need be done, as, unless the pains be very severe, nature should not be interfered with. If they be very severe, application should be made to the medical adviser.

22. Pregnant females should retire early to rest; they should be in bed every night by ten

o'clock, and should make a point of being up by good times in the morning, that they may have an early breakfast, and then take a short walk in the country, while the air is pure and invigorating.

23. Although some women, during pregnancy, are very restless, others are very sleepy, so that they can scarcely, even in the day, keep their eyes open.

MEDICINE.

24. Young wives are generally averse to consult their medical adviser concerning several *trifling* ailments, which are, nevertheless, in many cases, very distressing. To remedy this evil, the following lines have been written. I wish it to be distinctly understood, that in all *serious* attacks, the medical man should immediately be sent for.

25. A costive state of the bowels is very common in pregnancy ; mild aperient medicines

are, therefore, occasionally necessary. The mildest should be selected, as strong purgatives are highly improper, and even dangerous. Calomel, and all preparations of mercury, are to be especially avoided, as such a medicine is apt to produce miscarriage.

26. An abstemious diet, where the bowels are costive, is more than usually pointed out, for, if the bowels be torpid, a quantity of food will only make them more sluggish. Moreover, when labour comes on, a loaded state of the bowels will very much add to a woman's sufferings.

27. The best aperients are, castor oil, sweet oil, figs, grapes, and roasted apples. Castor oil is a most valuable aperient for a pregnant female; the dose is from a desert to a table-spoonful. The best ways to take it are the following:— Let a tumbler be well rinsed out with cold water, so that the sides may be well wetted; then let the tumbler be half-filled with cold water, cold from the pump. Let the quantity of oil necessary be now carefully poured into

the very centre of the tumbler, taking care it does not touch the sides ; and if the patient will drink it off thus prepared, she will scarcely taste it. Another excellent way of taking it is, swimming on warm new milk. A third method of administering it is, floating on warm coffee. Some patients are in the habit of taking it in spirits and water ; but the spirit is apt to dissolve a portion of the oil, and to rise in the throat afterwards. If *sweet oil* be preferred, the dose should be as much again as of the castor oil ; and the patient should eat a fig or two during the day she takes it, as sweet oil is much milder in its effects than castor oil. Where pregnant females cannot take oil, two or three compound rhubarb pills may be taken at bedtime, occasionally.

28. Where she cannot take medicine, or where it is not found to agree, an enema of warm water, or of gruel with a little salt dissolved in it, is an excellent remedy, two or three times a week. Many ladies have an objection to enemas ; but if the value of them

were more generally known, that objection would cease. They are very readily given, provided a good apparatus be used ; they cause no pain, and may be administered by the lady herself.*

29. Heartburn is a very frequent and oftentimes a distressing symptom during pregnancy. The acid producing the heartburn is frequently produced by an overloaded stomach. The patient labours under the mistaken notion, that she requires more food during pregnancy than at another time, as she has two to eat for instead of one ;—she consequently is induced to take more than she otherwise would, and more than her stomach can digest : hence, heartburn, indigestion, etc., is caused ; and her unborn babe, instead of being strengthened by it is, as well as herself, weakened. An abstemious diet should be strictly observed. Great attention should be paid to the *quality* of the food ;—greens, pastry, hot buttered toast, melted butter,

* An enema apparatus may be obtained of any respectable surgical instrument maker.

and every thing that is rich and gross should be carefully avoided. Half a tea-spoonful of Henry's magnesia, or the same quantity of carbonate of soda, may be occasionally taken in a wine-glassful of water. If these do not relieve, (the above directions as to diet having been strictly attended to) the following mixture may be tried :—

Carbonate of Ammonia, one scruple ;

Calcined Magnesia, a drachm ;

Compound Tincture of Cardamoms, half an ounce ;

Peppermint water, seven ounces and a half.

Two or three table-spoonsful to be taken twice or three times a day, till relief be obtained.

Chalk is sometimes given in heartburn, but as it produces costiveness, should not be resorted to.

30. *Piles* are a common attendant upon pregnancy. Females are predisposed to them, from the womb pressing upon the blood-vessels of the fundament. They are excited into action from neglect of keeping the bowels open, or from the patient taking too strong purgatives, especially aloes. If the piles are very hot and

painful, they should be well fomented, by means of a sponge, with hot camomile and poppy-head tea,* three times a day, for an hour each time ; and at bed-time, a hot white bread poultice should be applied. If the heat be not very great, and if the pain be not very intense, the following ointment will be found very efficacious :—

Powdered Opium, one scruple ;

Camphor, (powdered by means of a few drops of spirits of wine) half a drachm ;

Powdered Galls, one drachm ;

Spermaceti Ointment, three drachms.

Mix.—To be applied night and morning.

The bowels should be kept gently open by the following powders :—

Precipitated Sulphur, three drachms ;

Pure Carbonate of Magnesia, three drachms.

Divide into nine powders.—One to be taken night and morning in a wine-glassful of new milk.

Or by the following electuary :—

Sublimed Sulphur, half an ounce ;

Powdered Ginger, half a drachm ;

Cream of Tartar, half an ounce ;

* Take four poppy-heads, and four ounces of camomile blows, and boil them in four pints of water for half an hour, to make the fomentation.

Confection of Senna, one ounce,
Simple Syrup, a sufficient quantity.

One or two tea-spoonsful to be taken early every morning.

31. *Swollen legs.* The veins are frequently very much enlarged, causing the legs to be greatly swollen. This is owing to the pressure of the womb upon the blood-vessels. The best plan will be for the patient to wear a roller nicely applied to the leg, or a well adapted lace stocking. If the varicose veins should be very severe, the patient had better apply to her medical adviser, as it might be necessary to have them enveloped in mild plasters, and then rolled.

32. *Before the approach of labour,* the patient should take particular care to have the bowels *gently* opened, as a costive state of them during that time increases the suffering of the patient, and lengthens the period of the labour. I say a gentle action is all that is necessary; a violent one would do more harm than good.

33. *Toothache* is a very frequent complaint; and I wish to caution females most strongly

against having a tooth extracted during pregnancy : miscarriage, or premature labour, has frequently followed the extraction of a tooth. If the tooth be decayed, the hollow may be filled, either with cotton soaked in cajeput oil, or oil of cloves,—or with what I have found an excellent remedy—a little alum dissolved in sweet spirits of nitre.* Creasote, or spirits of tar is frequently used ; but of all applications it is the worst for the purpose. I have known it when thus used, severely injure the other teeth. If the tooth be *not* decayed, let an aperient be taken. The state of the bowels should always be attended to, as toothache is frequently relieved, and, where the tooth is not decayed, cured by a dose of medicine. Let the sides of the face be well fomented with hot camomile and poppy-head tea, and let a piece of bread, soaked in boiling milk, be placed inside the mouth, and a large hot bread poultice be applied to the side of the face at bed-time ; if this

* Two drachms of powdered alum to seven drachms of sweet spirits of nitre.

should not have the desired effect, a mustard and oatmeal poultice may be applied to the jaw, over the part affected, which should not remain on longer than a quarter of an hour, or it may blister the skin. The way to make it is as follows:—Mix a table-spoonful of flour of mustard and a table-spoonful of oatmeal together, then stir boiling vinegar into it till it is of the consistence of a poultice: it should be applied next the skin, quite hot. “It is well worthy of being more generally known, that the following formula will always remove the tooth-ache in a few minutes, say ten or fifteen, if the bowels are not unhealthily confined. The dose of the opiate should be proportioned, as well as may be, to the violence of the pain, for it will produce no constitutional effect whatever while it has a violent tooth-ache to grapple with:—

Carbonate of Ammonia, ten grains ;
Sedative Solution of Opium, fifteen minims ;
Ipecacuanha Wine, fifteen minims ;
Camphor Mixture, ten drachms.—M.”*

* “The Lancet,” May 22, 1841.

34. *Morning sickness.* The best way to relieve it is, by taking a cup of strong coffee before rising in the morning. If this should not have the desired effect, the patient may try an effervescing draught :—

Carbonate of Potash, two drachms and a half ;

Simple Syrup, half an ounce ;

Cinnamon Water, three ounces and a half ;

Water, four ounces.

Two Table-spoonsful of this mixture to be taken with one of Lemon juice every two hours whilst effervescing, till relief be obtained.

The morning sickness is caused by sympathy between the stomach and the womb, and, during the latter months, by pressure of the upper part of the womb against the stomach ; and as we cannot remove the sympathy and pressure, we cannot always relieve sickness, and therefore the patient is sometimes obliged to bear with its annoyances. The bowels should be kept gently opened, either by a seidlitz powder, or by two or three compound rhubarb pills, taken at bedtime. The diet in such cases should be moderate in quantity, and simple in quality. Hearty

meat suppers should not, on any account, be taken.

35. *Means to harden the Nipples.* Mothers, especially with their first children, sometimes suffer severely from sore nipples. Such suffering might frequently be prevented if they were to bathe their nipples, for a quarter of an hour at a time, night and morning, for six weeks or two months before they are confined, either with brandy and water, (equal parts of each,) or with strong salt and water, which has been previously boiled.

36. Sometimes, during pregnancy, the *breasts are very painful*. When such is the case, a patient cannot do better than well rub them night and morning with tepid camphorated oil, and wear a piece of new flannel over them.

37. *Bowel complaints* are not unfrequent during pregnancy. A dose of rhubarb and magnesia, or a dose of castor oil, is the best remedy, and is generally, in the way of medicine, all that is necessary. The diet, at such times should be simple, small in quantity and nourish-

ing. Farinaceous food, such as rice, sago and arrowroot, are particularly indicated. Green vegetables and fruits, especially stone fruits, should be carefully abstained from.

38. Nervous females are subject, during this period, to *palpitation of the heart*. These palpitations are not dangerous, therefore they need not cause alarm. The best remedy will be, either a tea-spoonful of compound spirit of lavender, or a small tea-spoonful of salvolatile in a wine-glassful of camphor julep.* Mental emotion should as much as possible be guarded against.

39. *Cramps* of the legs and thighs, more especially at night, are apt to attend pregnancy. *Treatment*.—Tightly tie a handkerchief round the limb, a little above the part affected, and let it remain on for a few minutes. Friction, by means of the hand, with laudanum liniment (*linimentum opii*), will also give great relief.

* Camphor Julep may be made by putting a few lumps of camphor in a bottle of cold water; cork it up and let it stand for a few days, then strain it, sweeten it with lump sugar, and it will be fit for use.

40. "*Whites*" are oftentimes very troublesome during pregnancy, more especially during the latter months, and are in a measure owing to the pressure of the womb on the parts below ; therefore, the best way to obviate such pressure is for the patient to lie down a great part of every day. She should retire early to bed, and should sleep in a well ventilated apartment, and should not overload her bed with clothes. She should live abstemiously and abstain from beer, wine, and spirits. The bowels should be kept gently opened by means of a *seidlitz* powder, which should be taken early in the morning occasionally. The best application will be, to bathe the parts with tepid Fuller's earth and water. The Fuller's earth should first be put into the oven and dried, and then reduced to powder, either by means of a pestle and mortar, or by a rolling-pin ; and then made into a soft batter by means of boiling water. It should be covered over, and allowed to stand till cold ; hot water should then be added to a portion of the above, and the internal parts should be

bathed with it night and morning :—Or a solution of acetate of zinc, made according to the London Pharmacopœia, previously warmed, may be syringed night and morning, into the internal parts, by means of a vaginal syringe.

MISCARRIAGE.

41. Young married women are very apt to miscarry. This is generally owing to their taking very long walks, over-exerting themselves, and sitting up too late at night. Their minds just after marriage, are generally too much excited by large parties, balls, and routs. Sudden emotions of the mind should, as much as possible, be avoided, as they frequently cause a miscarriage.

42. Now miscarriages are very weakening, more so than labours ; therefore it behoves a female cautiously to guard against them.

43. If a female has once miscarried, she is more likely to miscarry again and again.

44. *Symptoms*.—A flooding is the first symptom of an approaching miscarriage. If it be *unattended with pain*, it may be warded off; but if *bearing down pains* accompany the flooding, it *generally* (although not always) ends in miscarriage.

45. *Treatment*.—If a patient has the slightest show, she should immediately confine herself either to a sofa or bed. Soft beds should be avoided, they enervate the body, and predispose to miscarriage. There is nothing better than a horse-hair mattress for her to sleep upon. She should lie flat upon her back, as it is quite absurd for her merely to rest her legs and feet. She should put herself on a very low diet, taking nothing but gruel, tea, toast and water, or lemonade; and whatever she does drink should be cold. The temperature of the apartment should be kept cool; and if it be summertime, the window should be thrown open; aperient medicines must be avoided; and cold vinegar and water should be applied externally.

46. If *bearing down pains*, similar to labour-pains, should accompany the flooding, the case is almost sure to end in miscarriage. If there be coldness and heaviness of the bowels, if there be flaccidity of the breasts, if the motion of the child (the female having quickened) cannot be felt, and if there be an unpleasant discharge, she may rest assured the child is dead, and that the miscarriage must proceed. In such a case, the patient had better call in her medical adviser.

47. The same care is required *after a miscarriage*, as after a labour; indeed, a patient requires to be treated much in the same manner—that is to say, to keep her bed for a few days, and to live on an abstemious diet, such as gruel, tea, and light puddings, avoiding stimulants of all kinds.

48. Many women date their ill state of health from a neglected miscarriage.

49. A lady who is subject to miscarry, should, *before* she becomes pregnant again, use every means to strengthen the system. The

best plan she can adopt will be for her to leave her husband for a time, and go to some healthy spot ; not to a fashionable watering place, or to a friend's house where much company is kept, but to some quiet country place ; if to a farm house so much the better. Early hours are quite indispensable. She should lie on a horse-hair mattress instead of a feather-bed, and should have very little clothing on the bed. Her diet should be light and nourishing. Gentle exercise should be taken, which should alternate with frequent rest. Cold ablutions should be used every morning, and the body should be afterwards dried with a coarse cloth—if it be winter-time, let the water be made tepid, and gradually lower its temperature till it be quite cold.

50. Those who are prone to miscarry should, as soon as they are pregnant, lie down a great part of every day, should keep their minds calm and unruffled ; should live on plain diet, avoiding wine, spirits, and malt liquor ; should retire early to rest ; should have a separate

sleeping apartment ; should avoid opening medicines as much as possible ; and, if they are actually obliged to take aperients, to select the mildest, and even of these, not to take a larger dose than is absolutely necessary, as a too free action on the bowels is one of the most frequent causes of miscarriage. A trip to the coast would be very likely to prevent a miscarriage, although I would not, on any account, recommend such a patient either to bathe or sail on the water, as the shock of the former would be too great, and sea-sickness would be likely to bring on what we are anxious to avoid.

FALSE LABOUR PAINS.

51. Women, especially in their first pregnancies, are sometimes troubled with *spurious labour pains* ; these pains usually come on at night, and are frequently owing to a disordered stomach. They attack first one place, then another ; at one time are very violent, at another very

feeble. The pains instead of being *grinding* or *bearing down*, are more of a colicky nature.

52. *Treatment*.—A dose of castor oil is, generally, all that is necessary ; but if they still continue, the patient should be very abstemious, living for a day or two on gruel and tea, and rubbing the bowels every night at bed-time with the laudanum liniment (*linimentum opii*), previously warmed.

PERIOD OF GESTATION.

53. The period of gestation is two hundred and eighty days, forty weeks, ten lunar or nine calendar months.

54. In making her count, it will be well for a lady to commence her reckoning about three days after the last day of “being unwell.” The reason we fix on a female conceiving a few days after she has “ceased to be unwell” is, that she is more apt to do so very soon after menstruation, than at another time.

55. A good plan is, to make the reckoning after the following manner:—Let forty weeks and a few days be marked on an almanac, from the time specified above, and a female will very seldom be far from her calculation. For instance, suppose the last day of her “ceasing to be unwell” was on January the 15th, she may expect to be confined very near October the 24th.

PART II.—LABOUR.

ADVICE TO WIVES.

PART II.—LABOUR.

THE PRECURSORY SYMPTOMS OF LABOUR.

56. A day or two before the labour commences, the patient usually feels better than she has done for a long time ; she feels more light and comfortable, more cheerful, and more inclined to take exercise.

57. At length she has a “show,” as it is called, which is the coming away of a mucous plug, which, during pregnancy, had hermetically sealed the mouth of the womb. The “show” is generally tinged with a little blood.

58. When a “show” takes place, a female may rest assured that labour has actually commenced.

59. She has "*grinding pains*," coming on at uncertain periods, sometimes once during two hours, at other times, every hour or half-hour. These "*grinding pains*" should not be interfered with ; therefore, at this period, it is useless to send for the medical attendant, yet the monthly nurse should be sent for, to make preparations for the coming event.

60. These "*grinding pains*" gradually assume more regularity in their character, return at shorter intervals, and become more severe.

61. She should not on any account force down (as her female friends may advise) to these "*grinding pains*," if she do, it will rather retard than forward her labour.

62. During this stage, she had better walk about, or sit down, and not confine herself to bed : indeed there is no necessity for her to remain in her chamber, unless she particularly wishes to do so.

63. After an uncertain length of time, the character of the pains alters. From being grinding, they become "*bearing down*," and are now

still more regular and frequent ; and the skin becomes hot and perspiring.—Now is the time to send for the medical man. If he be sent for before, he can do no good ; for if he attempted, in the early stages, to force on the labour, he might do irreparable mischief.

64. Labour is a natural process, and therefore should not unnecessarily be interfered with. I firmly believe that women would stand a better chance of getting well over their confinements without assistance than with assistance, if they are hurried. Meddlesomeness in midwifery cannot be too strongly reprobated. The use of an accoucheur is to watch the progress of a labour, so that, if there be any thing wrong, he may rectify it ; but if the labour is going on well he has no business to interfere. These remarks are made to set females right with regard to the proper use of accoucheurs, as many patients have an idea that medical men are able to greatly expedite a natural labour. Fortunately for them, there is great talent in the midwifery department, which would prevent (how-

ever anxious a female may be to get out of her troubles) any improper interference.*

65. The first labour is generally twice the length of after labours. As a general rule it might be said that a first labour lasts six hours, while an after labour generally lasts but three.

PREPARATIONS FOR LABOUR.

66. I should strongly urge a female not to put every thing off to the last. She should take care and have a *good* pair of scissors and whitey-brown thread and worsted in readiness, as some accoucheurs prefer whitey-brown thread, while others prefer worsted.—And she should be sure and have in the house some nice fresh

* Dr. David D. Davis used, in his very valuable lectures, most strongly to reprobate meddling midwifery; he justly observed that “Accoucheurs were only life-guards men to women.” A life-guardsmen, while on duty at the palace, did not interfere with every passer-by, but only removed those who obstructed the way.

liquor—that is to say, lard without salt in it, that it may be at hand in case it is wanted. Let every thing necessary for herself and baby be well aired and ready for use.

67. It is important that the bowels are kept gently opened during the whole period of pregnancy, *more especially during the latter periods*. As soon as the precursory symptoms show themselves, if the bowels are at all costive, a gentle aperient, such as castor oil ; or an enema of warm water, or gruel and salt should be administered.

68. The next thing to be seen to is, the way in which she should be *dressed for the occasion*. I would recommend her to put on her clean night-gown, but to have it pinned up to her waist ; to have on a flannel petticoat to meet it ; and then to put on a flannel dressing-gown. The stays should not be worn.

69. The valances of the bed, and carpets had better be removed.

70. The next thing to be attended to is, “the *guarding of the bed*.” This is done in

the following way :—Cover the bed with a very large skin of red leather (which is sold for the occasion), attach tapes to each corner of it, which fasten to each bed-post ; over this, dirty folded blankets and sheets should be placed. The above plan will effectually protect the bed from injury.

71. The lying-in room should be kept comfortably warm, but not hot.

72. Many attendants are not only unnecessary, but highly improper : they only excite the patient, and cause noise. One female friend, besides the accoucheur and nurse, are all that are necessary. In making the selection of a friend, take care that she has been the mother of a family, that she is a strong-minded woman, and that she is of a cheerful turn of mind. At these times all “croakers” should be carefully avoided. During the progress of labour, boisterous and noisy conversation should never be allowed ; it only irritates and excites the patient. Although boisterous merriment is bad, yet at such times, quiet, cheerful, and agreeable

conversation, cannot be too strongly recommended. Mothers are very often present on these occasions, but of all persons they are the most improper, as they tend, from their great anxiety, rather to depress than to cheer the spirits of the female.

73. Another preparation for labour is to cheer the patient, by telling her of the comparative safety of confinements, and by assuring her that, in the generality of instances, it is a natural process, and that all she has to do is to keep up her spirits, and to adhere strictly to the rules of her medical adviser, and she will do well. The medical man, too, will be able to administer great comfort to her when he has “tried a pain,” and can assure her that it “is all right and straight”—that is to say, that the child is presenting in the most favourable position, and that every thing is progressing satisfactorily.

74. French brandy should always be in the house at these times, in case it is wanted ; but let me urge upon the attendants, the importance of withholding it from a lying-in woman, unless

it be ordered by the medical man. Numbers have fallen victims to its being indiscriminately given. I am of opinion that the great caution which is now adopted in giving spirits to women in labour, is one reason among others, of the great safety of the confinements of the present day, compared with those of former times.

75. A female, during labour, should frequently make water, as by doing so, she will very much expedite her labour. I wish to call attention to this point, as many women (especially with their first children) have suffered severely from not attending to it. If she *cannot* make water, the medical man should be made acquainted with it.

HINTS TO ATTENDANTS.

76. Supposing a child to be born before the medical man arrives, the attendants should immediately ascertain whether a coil of navel-string be around the neck of the child : if it be, it

should be instantly liberated, or the infant may be strangled.

77. Care should be taken that the child has sufficient room to breathe, and that the face of the child is not buried in the clothes. Any mucus about the mouth of the child should be wiped away with a soft napkin, as it may impede respiration.

78. If the infant should be *born apparently dead*, a few smart blows should be given on the buttocks and back, and rag should be singed under the nose.

79. If these simple means should not quickly succeed (although they frequently will), artificial respiration should be employed in the following manner:—Let an attendant squeeze the child's nose with her left hand to prevent any passage of air through the nostrils; then let her apply her mouth to the child's mouth and breathe into it to inflate the lungs; as soon as they are inflated, the air should be pressed out again (so as to imitate natural breathing) by the attendant's right hand. Again and again should the

above process be repeated, and the operator will frequently be rewarded by hearing a convulsive sob, which may be the harbinger of renewed life.

8. The navel-string (provided there be pulsation in it) should not be tied till animation be restored, if it be, the child will have but a slight chance of recovery. While the navel-string is left entire, the infant has the advantage of the mother's support.

81. If artificial respiration should not succeed, the child should be immersed up to his neck in a warm bath of 98 degrees, Fahr.

82. Warm water should always be in readiness, more especially if the labour be lingering.

83. Should the child have been born some time, and the medical man not arrived, it may be necessary to tie and divide the navel-string. The way to do it is as follows:—A ligature (composed of seven or eight whitey-brown threads) should be tightly tied round the navel-string about two inches from the body of the child by a double knot. A second ligature

should be applied in a similar manner about three inches from the first, and the navel-string should be carefully divided midway between the two ligatures. Of course, if the medical man be shortly expected, any interference would be improper, as such matters should be left to him.

84. The after-birth should never be brought away by the nurse ; if the medical man has not yet arrived, it should be allowed to come away of itself. Firm pressure should be applied by means of the hand over the region of the womb : this will have the effect of encouraging contraction of the womb, of throwing off the after-birth, and of preventing violent flooding.

REST AFTER DELIVERY.

85. A female should never be disturbed for an hour after delivery, if she be, violent flooding may be produced ; of course, the medical

man will make her comfortable by removing the soiled napkins and applying clean ones in their place.

CLOTHING AFTER LABOUR.

86. A patient, *after* delivery, usually feels shivering and starved ; it will therefore be necessary to throw additional clothing, such as a blanket, over her—but the attendants must be careful not to overload her with clothes, or it may produce flooding, fainting, &c.

REFRESHMENT.

87. Directly after a patient is confined, a cup of cool black tea may be given. I say cool, not cold, as cold tea may chill her. Hot tea would be improper, as it may induce flooding. As soon as she is settled in bed, there is nothing better than a small basin of warm gruel.

88. Brandy should never be given after confinements unless ordered by the medical adviser. Warm beer is also objectionable ; indeed, stimulants of all kinds should be carefully avoided, as they would only produce fever, and probably inflammation.

89. Caudel is now very seldom given, but still, some old-fashioned people are very fond of advising it after a labour. Let me urge in the strongest manner, the great danger of a lying-in woman following such advice. Caudel, in former times, caused the death of thousands.

BANDAGE AFTER CONFINEMENT.

90. This consists of thick linen, similar to sheeting, sufficiently broad to support the bowels comfortably. It should be put on moderately tight, and as soon as it becomes slack should be re-tightened. If there be not a proper bandage at hand, a breakfast or table-cloth will answer every purpose.

91. A support to the bowels after confinement is very important—in the first place, it is a great comfort ; and in the second, it induces the abdomen to return to its original size.

POSITION.

92. *The way of placing the patient in bed.*—Great care should be taken not to allow the patient to rise up in bed. If she be dressed as recommended at particle 68, her soiled linen may be readily removed, and she may be drawn up to the proper place without raising her at all. Inattention to the above recommendation has caused violent flooding, fainting, bearing down of the womb, &c.

THE LYING-IN ROOM.

93. *The room to be kept cool, and well ventilated.*—Attendants are too apt to keep very large fires after the confinement is over. No-

thing is more dangerous than to have the temperature of a lying-in room very hot. A little fire, provided the weather be cold, is very desirable to dress the baby by, and to encourage a circulation of air. The room-door should occasionally be left ajar, so as to change the air of the apartment: lying-in women require pure air as much as any body else; but how frequently do the attendants fancy that it is most dangerous for lying-in females to have fresh air.

94. Boisterous conversation should never be allowed after labour; indeed a patient cannot be kept too quiet, as she may then be induced to fall into a sweet sleep, which would refresh and recruit her strength.

BLADDER.

95. *Should a patient go to sleep before she has made water?*—There is not the least danger for her to do so, yet if she feels any inclination before she goes to sleep she may respond to it.

96. If there be any difficulty in making water, the medical man should immediately be made acquainted with it.

BOWELS.

97. The bowels are usually costive after confinement, and it is well not to interfere with them, but to let them have perfect rest till the third day. Then if they are not opened, a dose of castor oil should be given, in the manner recommended at particle 27. A dessert-spoonful, or a table-spoonful, according to the constitution of the patient, will be the average dose. If, in the course of twelve hours, it should not have the desired effect, it should be repeated.

ABLUTIONS AFTER LABOUR.

98. Some attendants object to have the parts bathed after delivery, they have the impression that such a proceeding would cause cold.

99. Now warm ablutions of the parts is absolutely indispensable both to health and cleanliness. There is nothing better for the purpose than a sponge and warm water, unless the parts are very sore ; if they be, a fomentation of marshmallows and camomiles* will afford great relief.

REST.

100. A horizontal position for ten days or a fortnight after labour is very important. Many ladies fancy that if they rest their legs it is all that is necessary : now this is absurd ; it is the womb and not the legs that wants quietude, and the only way to obtain it is, by lying horizontally on a bed or sofa.

101. After the first three or four days, a patient may sit up for half an hour to have her tea, and during that time she may have her bed

* Boil two handfuls of marshmallows and two handfuls of camomile blows in two quarts of water for a quarter of an hour, and strain.

made comfortable. Gradually she may prolong the time of sitting-up, but still, for the first ten days or a fortnight she should lie down the greatest part of every day.

DIET.

102. *For the first three days*, the diet should consist of gruel, tea, dry toast and butter, or bread and butter.

103. *For the next two or three days* a little broth or light pudding may be substituted for the gruel at dinner, but still gruel will form the best supper for the present.

104. *On the sixth or seventh day* a little chicken or mutton chop for dinner may be taken with advantage.

105. Gradually the diet may be improved. At the end of a fortnight, a female may return to her usual diet, provided it be plain, wholesome, and nourishing.

BEVERAGE.

106. *For the first ten days* toast and water (with the chill taken off) is the best beverage. Wine, spirits, and beer, during this time should not on any account be given.

107. *After ten days or a fortnight*, a tumbler of mild ale or porter, where they agree, may be taken at dinner ; but if ale or porter be given, wine should not be allowed.

108. Sometimes neither wine nor malt-liquor agree, then new milk and water will generally be found to be the best beverage.

CHANGE OF ROOM.

109. The period at which a lady should leave her room, will of course depend upon the season.

110. After the first six or seven days, the patient may usually leave her chamber for the sitting-room, provided it be close at hand ; if it be not, she may change one bed-room for an-

other during the day-time, as change of apartment is very desirable.

111. During her absence from the room, the windows should be thrown wide open, and the bed-clothes should be well ventilated.

EXERCISE IN OPEN AIR.

112. The period at which a female should take exercise in the open air after her confinement, will of course depend upon the season, and upon the state of the wind and weather.

113. In the *winter-time* not till the expiration of a month, and not even then, unless the weather be fine for the season. Carriage exercise will be the most suitable at first.

114. In the *summer-time* she may take an airing in a carriage at the end of three weeks, provided the weather be fine, and the wind be not in an easterly direction.

PART III.—SUCKLING.

ADVICE TO WIVES.

PART III.—SUCKLING.

STATED TIMES FOR SUCKLING.

115. A mother should suckle her infant at stated times. It is a bad practice to give a child the breast every time he cries, regardless of the cause; for, be the cause what it may (over-feeding, wind, or acidity) a mother is apt to consider the breast a panacea for all his sufferings. “Mothers generally suckle their infants too often, having them almost constantly at the breast. This practice is injurious both to mother and child. For the first month, the child should be suckled about every hour and a half; for the second month every two hours, gradually lengthening the distance of time between as the child becomes older, till at length

he has it about every four hours. If infants were suckled at stated periods, they would only look for the breast at those times, and be satisfied.”*

DIET.

116. Mothers, who are suckling, should live very plainly. It is a mistaken notion that they require *extra* good living at these times.

117. A mother should never be forced to eat more than her appetite demands ; if she be, indigestion, or costiveness, or bowel complaints will be likely to ensue.

118. The best meats are mutton and beef ; veal and pork should not be eaten, the first being very indigestible, and the latter very gross. Salted and high seasoned meats are injurious : they inflame the blood, and thus disorder the milk.

* *Advice to Mothers on the Management of their Offspring ;* third edition.

119. Some persons consider that there is no care requisite in the selection of food, and that a woman may eat any thing during suckling ; but if we appeal to reason and to facts, we shall be borne out in saying that great care is required. It is a well known fact that cow's milk very much partakes of the properties of the food the animal lives on. Thus, if a cow feeds on Sweede turnips, the milk and butter have a turnip flavour. This fact proves beyond a doubt, that the milk does partake of the qualities of the food the animal feeds on. The same reason holds good in the human species, and proves the absurdity of women being allowed to eat any thing, be it ever so gross, indigestible, or unwholesome, during suckling. Again, a dose of purgative medicine given to the mother, or greens taken at dinner, will purge the child as violently, or more so, than it will her. Infants who are suckled by mothers who live grossly, are more prone to disease, (especially skin and inflammatory complaints), and to disease which is more obstinate to subdue.

120. A moderate quantity (say a tumbler) of fresh *mild* ale or Dublin porter, will generally be found to be the best beverage for dinner and supper.

121. Wine, if taken at all, should only be used sparingly. In the higher ranks of life, where ladies are in the habit of taking wine, it is necessary to continue it, although the quantity should not be increased.

122. Spirits are very injurious during suckling.

123. It is highly improper for a mother to take stimulants, such as ale or wine, when the infant she is suckling is labouring under an inflammatory complaint; in such a case, toast and water will be the best beverage for her dinner, gruel for her supper, and black tea (not coffee, as it would be too stimulating) for her breakfast and tea.

AIR AND EXERCISE.

124. Exercise cannot be too strongly insisted upon during suckling. Whenever the weather

will admit, it should be taken. Whatever improves the health of the mother, improves the health of the child ; and *there is nothing more conducive to health than air and exercise.*

125. Mothers should not suckle their infants immediately after (say half an hour after) taking exercise.

126. Nor should they take violent exercise, as it would be likely to disorder the milk.

127. If the weather be hot and sultry, carriage exercise is far preferable to walking out ; if that be not practicable, she should have the windows thrown open, and perambulate the hall and rooms, as she would by such means avoid the intense heat of the sun.

THE TEMPER.

128. Passion is most injurious to the milk, and consequently to the child. Sudden joy and grief of the mother generally disorder the infant's bowels, producing griping, looseness,

etc.—hence mothers who have mild, placid tempers, generally make excellent nurses, on which account it is a fortunate circumstance that females are generally better tempered (however good their tempers may be at other times) during suckling than at any other period ; indeed, they usually experience great joy and gladness at such times. It is an old saying, and I believe a true one, that the child frequently inherits the temper of its wet nurse. This may be owing to the following reasons :— If the nurse be good-tempered, the milk will be more likely to be wholesome, which will of course make the child more healthy, and consequently better tempered. While, on the other hand, if the nurse be of an irritable cross temper, the milk will suffer, and thus cause disarrangement to the child's system, and hence ill-health and ill-temper will be likely to ensue. We all know the difference good or bad health makes on our temper.

OCCUPATION.

129. I strongly recommend a mother to attend to her household duties. A female who is suckling is never so happy or so well as when her mind is fully occupied.

130. Those mothers who are listless and idle, lolling on easy chairs, or reclining on sofas the greater part of every day, in a room where a breath of air is not allowed to enter, usually make very indifferent nurses. They are nervous, dyspeptic, and emaciated: their infants are puny, pallid, and unhealthy, and generally drop into an untimely grave.

131. Occupation, then, fresh air and exercise, are indispensable to a mother who is suckling.

AILMENTS, ETC.

132. *The Nipple.*—A good nipple is very important to the comfort of the mother and the well doing of the child. One, among many, of

the ill effects of stays and corsets, is the *pushing in of the nipple*. Sore nipples, and consequent suffering, are the frequent attendants upon a nipple being thus drawn in.

133. *Treatment*.—Let sealing wax be applied round the edge of the mouth of a Florence flask, to prevent the sharp edge of the glass from injuring the breast; then pour very hot water into the flask, empty it, and instantly apply it, quite hot, to the nipple. Keep it on two or three minutes: this will draw it out. Immediately on the removal of the flask, apply the infant. A small decanter will answer the same purpose. When the child is not at the breast, nipple glasses should be worn. I have known some very small and bad nipples drawn out and made good ones by wearing the above glasses: the dress will suffice to keep them in their places.

134. If the nipples be *very much drawn in*, a prepared calf's teat and shield must be procured. This will enable the child, in the generality of instances, to suck with the greatest

ease. After it has been used for a time, the nipples will be so improved, that it may not be necessary to continue it.

135. *Sore Nipples*.—If females, during the latter period of pregnancy, were to adopt the plan recommended at page 39, part. 35, sore nipples would not be so prevalent during the period of suckling.

136. Sore nipples are frequently produced by the injudicious plan of mothers allowing their children to have the nipples almost constantly in their mouths. Stated periods for suckling should be strictly adopted, as recommended at particle 115.

137. *Treatment*.—One of the best applications for sore nipples is that recommended by a contributor of the *Lancet*, (W. Farr, Esq.) namely, tincture of catechu, applied by means of a camel's-hair brush, every time, directly after the infant has been suckling. The nipple should be dried before each application. If the nipple be much inflamed, it will be right to subdue the inflammation before the tincture of

catechu be applied, by means of the following embrocation :—

Best Olive Oil ;

Lime Water ;—of each, equal parts.

Mix.—To be applied to the inflamed nipple, by means of a feather, frequently.

Another good application, is the following :—

Sulphate of Zinc, twelve grains ;

Superacetate of Lead, twelve grains ;

Spring Water, six ounces.

Make a Lotion. The nipples to be bathed with a little of this lotion (previously warmed) every time directly after the infant has been applied to them.

138. If the *nipple be not only sore, but very much inflamed and swollen*, the best application will be a warm white bread and milk and sweet oil poultice during the night, and the sweet oil and lime water embrocation (as recommended above) during the day.

139. If the *nipple be excoriated and moist*, the best application will be either finely powdered starch, or powdered gum-arabic, which should be well dusted on the part frequently.

140. Mothers should be very careful to *dry the nipple* with a piece of linen rag, every time after the infant has been taking the breast.

141. Where the nipple is very sore, a mother suffers great pain every time the child is applied. When such is the case, she had better suckle the child through the intervention of a prepared calf's teat. The teat should be well fastened to an ivory shield, and every time after it has been used, it should be placed in weak gin and water, to preserve it, or it will become unfit for use, and will give the child a sore mouth and disorder the bowels. The teat should be renewed every ten days or a fortnight.*

142. Some mothers are very much annoyed by the milk *flowing away constantly*; so as to make them wet and uncomfortable. When such is the case, all that can be done is to wear nipple glasses, and to apply a piece of flannel to the breast, to prevent the milk from chilling the patient, and thus endangering cold, etc.

143. *The Breast*.—Gathered breasts are frequently, owing to the carelessness of mo-

* The prepared calf's teat and shield may be purchased, ready for use, of any respectable druggist.

thers in exposing their breasts during suckling. Too much attention cannot be paid to keeping them comfortably warm. This, in the day-time, should be done during the act of suckling, by throwing a shawl or a square piece of flannel over the neck, shoulders, and breasts. Another cause of gathered breasts arises from a mother sitting up in bed to suckle her child. An infant should be accustomed to take the breast while the mother is lying down : if this habit be not instituted at first, it will be difficult to adopt it afterwards. Good habits may be taught an infant from the earliest period of his existence.

144. If the *breasts are full and uneasy*, they should be drawn, either by means of a person who makes it her business, by a breast pump, or by a prepared Florence flask, or by a decanter, (as recommended at particle 133.) The breasts should be well although tenderly rubbed two or three times a day, with warm camphorated oil, taking care to support the breast during such friction. If the breasts are very uncomfortable, a large warm white bread and milk and sweet oil poultice should

be applied, which may be removed three or four times a day. The way to make the poultice is as follows:—A thick round of bread should be cut from a white loaf, the crust should be removed, then boiling hot new milk should be poured upon the crumb; it should be covered over for a few minutes, then the milk should be drained off and the sweet oil should be beaten up with it till it is of a consistence of a nice soft poultice.

145. *Gathered breast.*—How is a patient to know she is going to have a gathered breast? There are two forms of gathered breast, one being of vast, and the other of trifling importance. The first and the serious one, consists of gathering of the structure of the breast itself; the latter, merely of the superficial part of it, and should be treated with warm poultices in the same manner as any other external gathering.

146. The important form we will now speak of. A severe gathered breast is al-

ways ushered in with a shivering fit, which is either accompanied or followed by sharp lancinating pains of the breast. Now is the golden opportunity to prevent its gathering. The medical man should be *instantly* sent for; and he will, in the generality of instances, be able to prevent such a painful and distressing occurrence as a gathered breast. If twelve hours are allowed to elapse after the shivering has taken place, before the medical adviser is sent for, the chances are that the gathering cannot altogether be prevented, although even then, it may be materially lessened. We hear of poor women suffering dreadfully for months, and having twenty or thirty holes in the breast! This suffering is generally owing to a medical man not having been sent for immediately after the shivering; therefore I cannot too strongly insist upon a mother obtaining *prompt* attendance under such circumstances, not only to obviate present suffering, but, at the same time, to prevent the function of the breast from being injured, which it

inevitably will be, more or less, if gathering does take place.

147. Where a mother *feels faint*, during suckling, she should immediately lie down and take a little nourishment ; a crust of bread and a draught of ale or porter, or a glass of wine, will answer the purpose extremely well. Brandy, or any other liquor, I would not recommend.

148. *Aperients, etc. during Suckling.*—Strong aperients are highly improper during this period, as they are apt to give pain to the infant. If it be absolutely necessary to give a mother an aperient, the mildest should be chosen, such as two or three compound rhubarb pills at bed time, a dose of magnesia and rhubarb, or a dose of castor oil. Smart and long continued friction over the abdomen with the warm hand and a little sweet oil, will frequently cause the bowels to act without resorting to aperient medicines. An enema of warm water, applied by means of a good self-injecting enema apparatus, is an excellent

method of opening the bowels, as it neither interferes with the digestion of the mother nor child.

149. If mothers, during the periods of suckling, were to take more systematic exercise in the open air than they usually do, they would not suffer so much from costiveness.

WEANING.

150. *The time when a child should be weaned.*—“ This, of course, must depend upon the strength of the child, and upon the health of the mother : on an average, nine months is the most proper time. If the mother be weak, it may be found necessary to wean the infant at six months ; or if the child be weak, or labouring under any disease, it may be well to continue suckling him for twelve months ; but after that time, the breast will do the child more harm than good, and will, moreover, injure the

mother's health."* If children are suckled after they are twelve months old, they are generally pale and unhealthy, and the mother is usually emaciated and nervous.

151. *The manner in which a mother should act when she weans her child.*—"She should do it gradually, as the word signifies—that is to say, she should by degrees give less and less of the breast, and more and more of artificial food; at length she should only suckle him at night; and, lastly, it would be well for the mother either to send the child away, or leave the child at home and go away herself for a few days. A good plan is, for the nurse-maid to have a half-pint bottle of new-milk in the bed, so as to give a little to the child in lieu of the breast. The warmth of the body will keep the milk of a proper temperature, and will supersede the use of lamps, candle frames, and other troublesome contrivances."†

* *Advice to Mothers on the Management of their Offspring*; Third Edition.

† *Advice to Mothers*; Third Edition.

152. The best way of “*drying up the milk*,” is to apply to the breasts soap plaster (*emplastrum saponis*), spread on nice soft pieces of wash leather, with round holes in the middle to admit the nipples. These plasters may be procured of any respectable druggist. In the generality of cases, the breasts should not be drawn, as drawing them only causes them to secrete larger quantities of milk. If the breasts are *very* uncomfortable, a *small* quantity of the milk may be drawn off by a woman whose business it is to draw breasts, or by a Florence flask, prepared for use as recommended at particle 133.

153. During the period of weaning, the mother should live very abstemiously, and drink as little as possible. In many cases, it is necessary to give a few doses of mild aperient medicine.

154. *Symptoms denoting the necessity of weaning.*—Some mothers cannot suckle their infants; the attempt brings on a train of symptoms similar to the following:—singing in the

ears, aching of the eye-balls, nervousness, tremblings, faintness, loss of appetite, palpitation, loss of flesh, feelings of great exhaustion, sinking sensations of the stomach, pains of the left side, great weakness and pains of the loins, which are usually increased whenever the infant is put to the breast.

155. If such be the case, the attempt should not be persevered in, or dangerous consequences may be the result, probably both to mother and child.

156. At other times, although the above train of symptoms does not occur, some mothers cannot suckle their children, although they may be in perfect health. Such nurses have usually very small breasts, very little milk in them, and if they endeavour to suckle the child it produces a *violent aching* of the breast. If they disregard this warning and still persevere, they will be very apt to produce inflammation of the breast, which will most likely end in a gathering.

157. Occasionally, mothers suckle their infants when they are pregnant. It is very im-

proper for them to do so, as it not only injures the mother, and may bring on miscarriage, but is also highly prejudicial to the infant.

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
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